



# The Maker's Diet Daily Reminders

*Jordan S. Rubin*

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**The Maker's Diet Daily Reminders** Jordan S. Rubin

**The Best Way to Lose Weight!**

**The Maker's Way!**

Designed as a follow-up to his *New York Times* best-seller, *The Maker's Diet*, Jordan Rubin takes his nutritional strategies to the next level in this 16-week program calculated to help you not only achieve your weight-loss goals, but maintain them in the future. By addressing your whole person—body, mind, emotions, and spirit—*The Maker's Diet for Weight Loss* will help you reach a weight that makes you look good and feel great about yourself as you:

Eat for your body type, age, gender, and region Maximize nutrients while reducing calories Eliminate toxins inside and outside your body Learn the best ways to “cheat” without getting off track

With solid medical advice from Bernard Bulwer, MD, an advanced fellow at one of the premier teaching hospitals at Harvard Medical School, *The Maker's Diet for Weight Loss* presents a holistic approach to weight loss that will change your life forever.

## The Maker's Diet Daily Reminders Details

Date : Published December 28th 2013 by Destiny Image (first published 2006)

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Author : Jordan S. Rubin

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Genre : Health, Nonfiction

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# **From Reader Review The Maker's Diet Daily Reminders for online ebook**

## **John Stoddard says**

helped me actually turn my health around

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## **Susan Burke says**

Excellent source of information, faith based, true story, of healing from chronic IBS and Crohn's disease. What a story he tells, of rejuvenation, renewal and restoration of the body, mind and soul.

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## **Phyllis says**

Loved it...what he says makes sense but its so hard to abide by it.

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## **Amy says**

Full of information that explains more of my battle with Crohn's. It is the way I have been eating and will continue to do so.

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## **Jennifer says**

This was an excellent book. I never understood removing the naturally occurring fats in items like meats and dairy, and his reasoning as to why we should actually consume these fats with the meats and dairy, made total sense to me. The fats are a natural, normal part of meats and dairy products, and while you really don't want to consume the fat on its own, it makes sense that they ARE a part of the food, and therefore may add some value to the food if eaten with it, not removed. He states that these fats actually aid in the digestion of these foods. I have not been able to eat beef for years. I started buying the highest level of fat I could find, and I am now able to eat it with no issues. I don't consume it daily, but I can enjoy a burger or some steak, now and not get indigestion anymore. I'm not big on dairy consumption, but once I started eating full fat yogurts, sour cream (YUM), and avoiding low fat and non fat, I did much better digestion-wise and started losing weight. I wasn't eating less, but I was eating better, and the weight dropped! This was the biggest point I picked up from his book. I was disappointed with all his recommended fancy diet aids, many of which he sells and can't be easily found elsewhere. This is a common complaint about the book. But a lot of his information was similar to Biblical, Whole Foods, and other healthy diets. He even discusses many diets in his book and why they appeal to people, why they seem to work, and what's wrong with them. I plan to eventually purchase this book as a part of my library, and have often checked it out of the library to read or reference. It would be easier to reference it at home!

